What Are Your Warning Signals?

Physical Symptoms:
- allergies
- change in appetite
- back pain
- high blood pressure
- breathlessness
- chest pain
- a cold
- constipation or diarrhea
- dizziness
- fatigue
- headaches
- racing heartbeat
- muscle tension
- nightmares
- rashes
- restlessness
- sleeping problems
- stomach aches
- ____________________________
- ____________________________

Behavioral Symptoms:
- increasing use of alcohol, tobacco, or other drugs
- neglecting appearance
- arguing with friends or partner
- avoiding tasks and responsibilities
- difficulty concentrating
- crying easily
- being late to work
- overeating or under eating
- snapping at people
- watching more television
- withdrawing from family and friends
- ____________________________
- ____________________________

Emotional Symptoms:
- anger or anxiety
- denial of a problem
- depression
- difficulty making decisions
- loneliness
- nervousness
- feeling powerless
- feeling rejected
- feeling trapped
- feeling unhappy for no reason
- being easily upset
- worrying frequently
- ____________________________
- ____________________________

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